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NEWS WORTH SHARING.

Setting wheels in motion

Sixteen newcomers to the city are getting bikes and lessons thanks to the Build-a-Bicyclist program PAGE 4

PTSD? There's an app for that

Feds announce funding for a smartphone application to help veterans cope with post-war trauma PAGE 10

Electronic boogaloo

The new king of electronic dance music Robert DeLong has his legion of fans grooving to his booty-shaking beats PAGE 13

GET INTO GWYNETH'S PANTRIES

NO COFFEE, NO BREAD, NO FUN? IT'S ALL GOOD — SO SAYS PALTROW'S NEW COOKBOOK PAGE 16

Vancouver teacher Lee David Clayworth says his former girlfriend, Lee Ching Yan, inset, has been flooding the Internet with posts defaming him as a child molester, pedophile and pervert. ERIC DREGER/THE CANADIAN PRESS; INSET: FACEBOOK

Cyberstalker makes teacher's life a nightmare

Ex-girlfriend trouble. 'Emotionally, it's one of the most frustrating and draining things I've ever been through,' Vancouver man says

KATE WEBB
kate.webb@metronews.ca

A Vancouver teacher whose ex-girlfriend has been spreading malicious lies about him online for the past two and a half years says her nonstop harassment is killing his career prospects.

Lee David Clayworth, 35, was teaching at a high school in Malaysia in 2010 when he met Lee Ching Yan, now 29, online. He says a few weeks into the relationship she became aggressive, vindictive and controlling toward him, and when he broke up with her, she broke into his apartment.

"She stole my laptop, she stole my hard drive, my passports, my money, all my clothes," he said.

A couple of weeks later Clayworth found out that Yan had hacked into his email and Facebook accounts and sent an email to all of his contacts — including co-workers, managers, and some of his students — posing as him and claiming to have had a sexual encounter with a 15-year-old student.

She also posted to his Facebook page a nude photo — of him in the shower — that she had snapped without his permission while they were on vacation.

About a month later Clayworth discovered Yan was posting hundreds of nasty comments about him on sites like filthyliar.com and datingpsychos.com, calling him a child molester, a pedophile, a pervert, gay and a sex maniac. He said at that point deleting them turned into a full-time job.

He successfully sued Yan for defamation, and a Malaysian court ordered her to desist and pay the equivalent of $66,000 in damages. But her relentless cyberstalking continued.

Yan was later found guilty of contempt of court and sentenced to jail, but she skipped the country instead. Clayworth believes she is currently living in Australia.

He said he has been looking for teaching work in Vancouver since January without luck, and is worried the incessant online smear campaign is scaring off potential employers as soon as they search his name.

Vancouver Police Department spokesman Sgt. Randy Fincham said there is little the police can do to help in a case like Clayworth's because it is extremely difficult and time-consuming to get an international arrest warrant issued.

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FUTURE SHOP

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Target Canada to open nine stores in B.C. on Tuesday

Sure shopping. New stores include three Lower Mainland locations: Coquitlam, Langley and Delta

EMILY JACKSON
emily.jackson@metronews.ca

Calling all shoppers: There's a new retail giant in town, and it sells pretty much everything.

Target Canada will open its doors at nine former Zellers locations in B.C. on Tuesday morning at 8, including three Lower Mainland locations in Coquitlam, Langley and Delta.

If the openings in Ontario are any indication, bleary-eyed shoppers will line up early to snag their choice of items. There's even a Starbucks at the Coquitlam Centre location to fuel the frenzy.

Sure, the prices won't be as low as they are in the U.S., but they will be competitive in the Canadian marketplace, Target Canada president Tony Fisher said at a Monday media preview of the spacious store that underwent a $10-million renovation.

And he's not worried if people want to drive to Bellingham, Wa., for better deals. Rather, Target wants to be the convenient, go-to place for middle- to upper-middle-class moms looking for a "one-stop shopping destination," he said.

The store likely won't let you down if you want to check bikinis, patio furniture, iPhones, prescription drugs, makeup, workout gear, Greek yogurt, air mattresses, toys or home décor off your list.

Its design, with lower shelves and better sight lines, makes it easier to find things, Fisher said. There's also a baby aisle, so new mother's only have to go to one section, he added.

The Coquitlam store will employ 275 people including former Zellers employees, though Target won't say exactly how people many retained work at the location.

Thousands of unionized employees lost their jobs when Target bought the lease rights to 220 Zellers locations for $1.8 billion. Target offered them all interviews, but not jobs.

Target Canada will open a location at the Coquitlam Centre on Tuesday, pictured before its public debut on Monday.
EMILY JACKSON/METRO

Target expects to open 124 stores across Canada in 2013, including the 22 in B.C., Alberta and Manitoba on Tuesday.

Two more stores, one in Prince George and one in Calgary, will open the following week, and a Target flyer will mark the official Western launch on May 24.

Elections BC breaking down barriers to casting ballots

Elections BC doesn't want to give registered voters any excuse for not casting their ballot.

For instance, if you're a voter in Comox and getting out of your car seems like a barrier to exercising your democratic right, you'll be happy to know that curbside drive-thru voting will be available.

"Don't expect drive-thru voting to catch on across the province," laughs Chief Electoral Office Keith Archer. "In this case, the district electoral office is a former car dealership and is set up to have car access through it, so we figure it will help make the ballot more accessible for some voters."

It may seem like a silly solution, but voter turnout poses a serious problem for Elections BC. With just 50.99 per cent of registered voters casting a ballot in the 2009 election, British Columbia came dangerously close to joining Alberta (40.6 per cent in 2008), Ontario (48.2 in 2011) and Northwest Territories (48 in 2011) as provinces where more than half of voters stayed home during a general election. Approximately 40 per cent of surveyed non-voters in B.C. indicated that a lack of convenience, or being too busy, factored in to their decision not to vote, Archer said.

That's why Elections BC is experimenting with district-specific solutions like drive-thru voting and wider initiatives like widening the scope of acceptable voter ID, expanding advance voting and allowing voters to cast their ballot at any electoral office regardless of which district they are in.

It has also launched a mail, online and mainstream-media advertising offensive targeting young voters — who research indicates are nearly wholly responsible for declining voter turnout across the country.

And, of course, Elections BC has developed its own mobile app that allows people to see all of the open polling stations near them on an interactive map.

Archer hopes the proof will be represented in voter turnout after May 14. MATT KIELTYKA/METRO

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Build-a-Bicyclist program gives newcomers bikes and lessons

Support. The program will provide 50 bikes this year, as well as locks and helmets

EMILY JACKSON
emily.jackson@metronews.ca

Amenah Amini wants to learn to ride a bike so she can cycle to school.

It's a familiar concept for many Vancouverites, but for Amini, a 54-year-old immigrant who wants to bike to English classes, it's a bit of a dream come true.

Amini is one of 16 newcomers to Vancouver who will get lessons and a bike from the Build-a-Bicyclist program, meant to empower immigrants and low-income residents to access a reliable, cheap form of transit.

It's the first year the program is able to donate bikes, refurbished from donations of old or used bikes, said Steph Gray, HUB's bike education program manager, at the first lesson at George Wainburn Park on Monday.

"Just getting out to teach is great, but if you can't afford a bike it doesn't go very far," Gray said as the recipients, mostly women, fussed over their new gear.

The program, supported by local cycling organizations HUB and PEDAL, the Vancouver Foundation and the city, will provide 50 bikes this year, as well as locks and helmets.

The first round of bikes went to English Language Services for Adults (ELSA) students selected by the Immigrant Services Society of B.C. based on letters they wrote saying why they wanted to cycle, ISS teacher Andrea Szakos said.

Some want to save money on transit while others wanted to participate in family activities, Szakos said.

The program "makes a huge difference" by teaching people to bike, as well as the rules of the road, she said, as some people may have cycled elsewhere but are uncomfortable here.

Others like Amini, who moved to Canada from Iran six years ago, are learning to cycle for the first time.

While she took a three-day course with the program last year, it wasn't enough to feel comfortable on the road considering she'd never cycled before.

She's looking forward to having her own bike: "It's a big change."

Build-a-Bicyclist teaches immigrants to cycle at George Wainborn Park in Vancouver on Monday.
ERIC DREGER/THE CANADIAN PRESS

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Woman sues over injuries at Olympics concert

2010 incident.
Crowd rushed the stage, collapsing barrier, lawsuit says

NEAL HALL
The Canadian Press
exclusively for Metro

A young woman who claims she was trampled when a barrier collapsed during a concert at the 2010 Winter Olympics is suing the City of Vancouver.

Ashley Daniel was a teenager when she attended the Alexisonfire concert on Feb. 16, 2010, at David Lam Park in the False Creek district.

She claims in her lawsuit that the concert barrier "unexpectedly collapsed due to a crowd of people rushing the stage ... causing the plaintiff to fall to the ground and be trampled on by others."

Daniel, 20, claims she suffered a loss of consciousness and injuries to her head, neck, left knee and hip. Her lawsuit seeks damages for her injuries as well as for post-traumatic stress disorder, headaches, insomnia, fatigue and shock.

Named as defendants are the City of Vancouver, Live Nation Canada, Premier Global Production, Sensor Protection Group and a number of as-yet-unknown individuals and companies.

Daniel is claiming negligence for the collapse of the barrier and the alleged failure to ensure her safety at the free concert.

The suit is also seeking an in-trust award for family members and friends who cared for her after the incident, which injured 19 people, sending nine to hospital.

The allegations have not been proven in court.

It is believed to be the third lawsuit filed by someone injured at the Olympics concert.

A teen who sued previously claimed the barrier collapse injured her leg, requiring surgery.

A security guard with the Sensor Protection Group was also reportedly injured by the barrier collapse caused by the crowd surging toward the stage.

An estimated 7,000 people attended the concert, which was immediately cancelled and the area cleared to allow emergency personnel to treat the injured fans.

The Yaletown LiveCity site before the 2010 Olympics JEFF HODSON/METRO FILE

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Flip-flopping Liberal says he backs Clark

Former B.C. Liberal leader Gordon Wilson says he has come home to the party he put on the map in 1991 before forming his own party and then crossing the floor to the New Democrats.

Wilson said in a YouTube video posted Sunday that he is rejoining the party he left in 1993 and supporting Premier Christy Clark.

"At this juncture, when global economies are so fragile, it's important that those who lead us have a clear vision ... despite the challenges that may frustrate their abilities to get there," he said.

Wilson said he decided to back the Liberal re-election bid after NDP Leader Adrian Dix opposed expansion of the $5-billion Kinder Morgan oil pipeline across southern B.C.

Clark said she is delighted to have Wilson on board and brushed aside reminders about his politically fickle past.

"At his heart, he is still the progressive man who wants to change the world and make sure we are doing our best to look after people," Clark said.

Dix said Wilson's support for Clark is unsurprising because he backed the Liberal Party's controversial strategy to woo ethnic voters, including so-called "quick wins" by addressing historical wrongs.

THE CANADIAN PRESS

Horrific collision

Driver in deadly Surrey crash dies in hospital

Daniel Gore, 46, died Sunday after surgery for a condition discovered as a result of his critical injuries in the accident that killed five members of the Sachdeva family of Surrey nine days ago.

Gore was behind the wheel of a minivan when he collided with a Toyota Corolla carrying the family.

Police continue to investigate the crash. While drugs and alcohol have been ruled out, speed could have been a factor. It's unclear whether Gore's medical condition contributed to the crash.

EMILY JACKSON/METRO

Liberal tactics offensive, misleading: Dix

Promise pros. B.C. NDP leader talks education while Premier Clark claims a deficit won't do kids any favours

As polls suggest the B.C. election race is tightening, New Democrat Leader Adrian Dix is becoming more strident in his criticism of the Liberals.

While Dix called Christy Clark's campaign tactics offensive and misleading on Monday, Clark was welcoming some support from Gordon Wilson, a former Liberal leader who jumped ship to the NDP in 1999 before leaving politics.

Dix made his comments while meeting with education workers at a park in suburban Surrey, a valuable region where the NDP and Liberals each hold four seats.

Staying clean

"Leadership is not misleading people. Leadership is addressing the problems of today."
B.C. NDP Leader Adrian Dix

He said the Liberals have turned public education into a wedge issue that has hurt children during the party's 12 years in government.

"This is the discussion we want to have," said Dix, adding the NDP's plans for education include spending $265 million over three years to hire more teachers, education assistants, librarians and counsellors.

THE CANADIAN PRESS

Adrian Dix hops a fence at Chimney Heights Park. JUSTIN TANG/THE CANADIAN PRESS

Parking-lot shooting

Cops charge man in Maple Ridge murder

Police have arrested and charged a Maple Ridge man with second-degree murder for the deadly shooting of a man in a local parking lot last Monday. Claude Deguire, 26, died from gunshot wounds after being shot at close range in the 11800 block of 226 Street just before 8 p.m. The homicide appeared to be targeted, police said.

EMILY JACKSON/METRO

Pregnant ATV rider

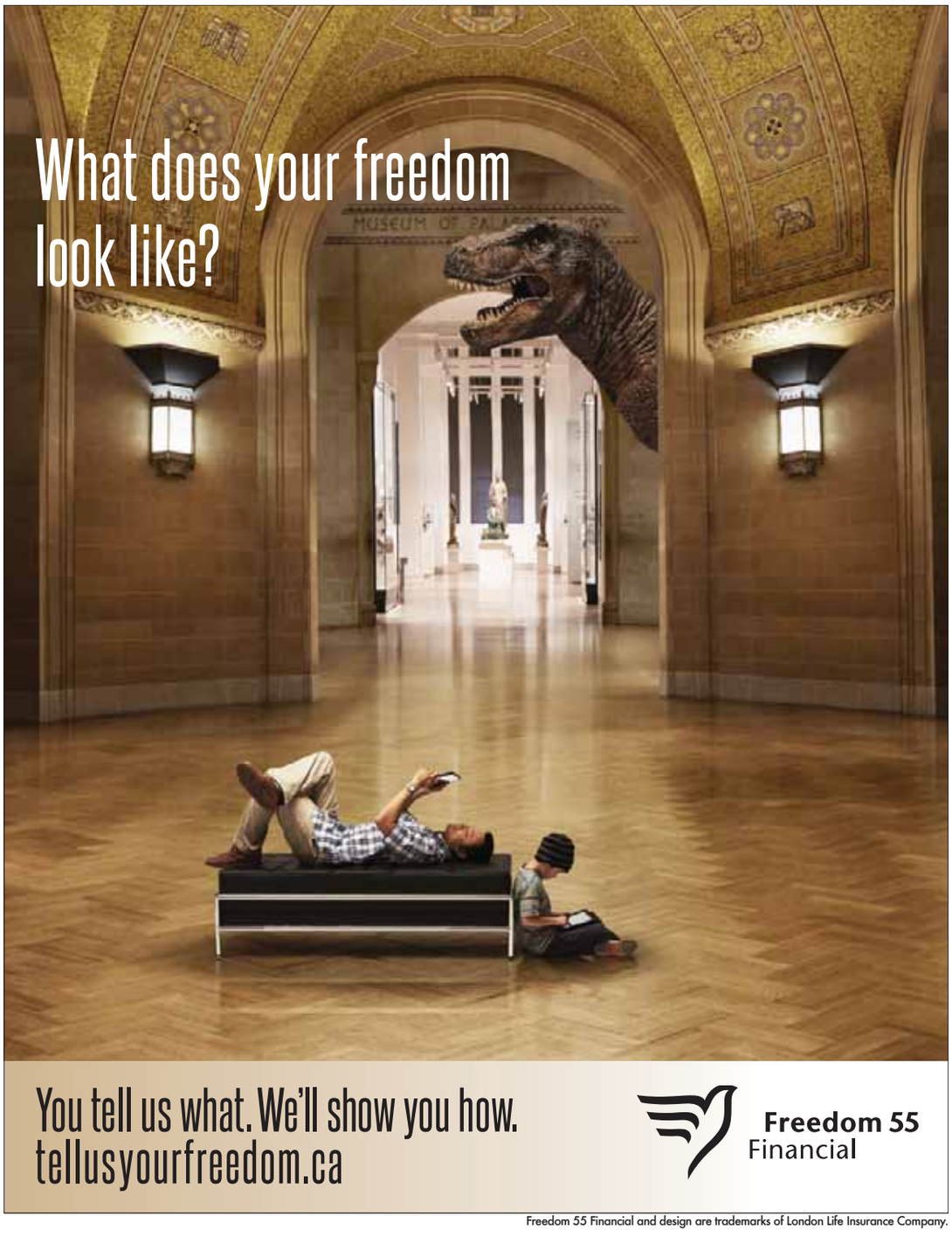
Weekend crashes around B.C. kill 6

An ATV crash near Clucluz Lake, 40 kilometres southeast of Vanderhoof, B.C., has killed a woman who was six months pregnant.

RCMP say the woman was pinned under the all-terrain vehicle on Saturday afternoon when it flipped.

The death was one of six in five separate weekend incidents across the province, including collisions in Kelowna and Saanich that killed motorcyclists.

THE CANADIAN PRESS



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German Shepherd-cross. Burnaby man sues dog owner for vicious attack

A Burnaby businessman is suing the owners of two dogs for an unprovoked attack last summer.

Robert Smith claims he left his home the morning of Aug. 8 last year to collect the mail from the front entrance of his property in the 8000 block of Government Road when he was viciously attacked by his neighbour's two dogs.

He claims the two large German shepherd crosses bit him on the legs, thighs, groin, buttocks and hands, resulting in puncture wounds and significant blood loss.

Smith claims as a result of his screams for help, a neighbour used a piece of wood to stop the attack by the dogs, whose names are unknown to the plaintiff.

NEAL HALL/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

Alleged death threats. Welder claims his boss beat him during a meeting

A welder has filed a lawsuit against his employer, claiming his boss got upset at a meeting and repeatedly punched him in the head and chest.

Bryant Mace claims in his B.C. Supreme Court legal action that his boss, Anthony Hazell, threatened he "was going to kill him" before coworkers pulled Hazell off the plaintiff.

At the time of the alleged assault, Mace was working for Hazell's business, New British Auto Distributors in North Vancouver.

Mace claims he suffered contusions and bruising on his face and aggravation of a pre-existing back injury, which required medical treatment.

NEAL HALL/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

Spencer West, centre, flanked by best friends David Johnson and Alex Meers, about to begin their walk at Johnny Bright School. PATRICK NGUYEN/FOR METRO IN EDMONTON

Legless man begins his 300-km odyssey

We Walk 4Water. Edmonton-to-Calgary journey will raise cash for clean drinking water

PATRICK NGUYEN
For Metro in Edmonton

After climbing Mount Kilimanjaro last summer to raise money for clean water, legless motivational speaker Spencer West began a new charitable journey on Monday, this time in Alberta.

West kicked off We Walk 4Water at Johnny Bright School in Edmonton, speaking to more than 1,000 students, teachers and parents.

At the age of five, West lost both his legs to a genetic disorder. Doctors said he would never be a functioning member of society. He credits this verdict as one of his main motivators, and it has led to one of his main messages.

"Recognize that we all have the ability to make a difference in the world, regardless of who you are or where you come from," said West.

West will be making the 300-kilometre walk on his hands and in his wheelchair with best friends David Johnson and Alex Meers. He'll also be joined by singer Nelly Furtado, Free The Children co-founder Craig Kielburger, and Aislinn Paul and Munro Chambers of Degrassi.

Spencer will finish the We Walk 4Water trek on May 16 in Calgary, stopping at local schools every weekday during the trip.

For more

Follow the journey online at metronews.ca

Oppan Canada. Gangnam Style? Oh, you're welcome, South Korea: Minister

A senior Conservative cabinet minister says if it wasn't for Canadian soldiers who risked their lives fighting communism, the world might never have had the last year of goofy, unadulterated joy dancing to Gangnam Style.

In an interview broadcast on Radio-Canada on Sunday, Veterans' Affairs Minister Steven Blaney said the hit song by South Korean singer Psy would have never been possible if international forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953.

Blaney's comments came after a ceremony in Quebec City to honour naval veterans who took part in the blockade of Nazi Germany.

A government official said the remarks came in a question period with reporters, in which Blaney described a recent trip to South Korea.

TORSTAR NEWS SERVICE

Special thanks to...

"There wouldn't be a Gangnam Style if we hadn't had the sacrifice of Canadians, members of the United Nations."
Veterans' Affairs Minister Steven Blaney

Budget sheared

University to count coin, not sheep

The University of Saskatchewan is looking for someone to buy their flock of 300 sheep after recent cutbacks.

According to Mary Buhr, dean of the College of Agriculture and Bioresources, it costs the U of S roughly $100,000 annually to keep the flock on campus. And while other livestock bring in research dollars to help offset their costs, the flock brings in little funding.

To meet the needs of students and researchers, the school will borrow small groups of sheep for limited periods.

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Trial of alleged neo-Nazi accused in immigrant killings begins

Germany. Defence accuses judge of bias, requests replacement

An alleged German neo-Nazi accused of involvement in a 10-person killing spree appeared confident and calm Monday as her murder trial opened amid tight security, intense media interest and an immediate request by the defence for a new judge.

Beate Zschaepe — said to be the sole surviving member of a gang behind the murders — entered the court in a dark suit, her arms folded, before turning her back to the cameras and appearing to joke with her lawyers.

The hearing began with two motions from the defence lawyers alleging that the presiding judge was biased. Judge Manfred Goetzl put proceedings on hold to consider the defence request that he recuse himself from the trial, which is the highest-profile neo-Nazi murder trial in Germany in decades and could last at least a year.

Zschaepe, 38, is accused by prosecutors of murder for alleged complicity in the killing of eight Turks, a Greek and a policewoman between 2000 and 2007. If convicted, she faces life imprisonment. Four others face lesser charges of assisting the cell.

Zschaepe is also accused of involvement in at least two bombings and 15 bank robberies allegedly carried out by her accomplices, who died in an apparent murder-suicide in 2011.

Prosecutors allege the trio had formed the self-styled National Socialist Underground after evading arrest on lesser charges in 1998 and managed to remain largely off the authorities' radar for the following 13 years, despite committing a string of violent crimes.

Hundreds of reporters lined up outside the Munich courthouse in the hope of gaining one of the few available seats in the packed courtroom. Police erected security barriers in anticipation of possible protests by far-right and far-left extremist groups.

Many of Germany's three million Turks have asked how the country's well-funded security services, with their network of informants in the far-right scene, could have overlooked the group's existence for so long. THE ASSOCIATED PRESS

Victims

Families of those killed and survivors of the bomb attacks have said they're hoping not just for justice but also for answers, such as how the group chose its victims, none of whom were high-profile.

Beate Zschaepe, alleged member of the neo-Nazi group National Socialist Underground, enters the courtroom before the start of her trial in Munich, Germany, on Monday. MATTHIAS SCHRADER/THE ASSOCIATED PRESS

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Sleep is for suckers. Food with caffeine gains steam

Caffeine fiends needn't rely on beverages anymore.

An increasing number of foods with added caffeine have become available in the U.S., according to the Food and Drug Administration. In Canada, caffeinated gum and chocolate were recently given temporary approval from Health Canada.

The growth comes despite intensified government monitoring and medical warnings about overconsumption of caffeine.

A few years ago, three former employees of PepsiCo Canada and Kraft Canada took note of growing demand for "functional foods," from energy drinks with caffeine and amino acids to yogurt with probiotics.

"We wanted to create a product that tasted great and had the pick-me-up of a cup of coffee — not anything extreme," said Matt Schnarr, one of the founders of Awake Chocolate.

This year, they started shipping to stores in the U.S., joining caffeinated foods there, including Jelly Belly Extreme Sport Beans, Wired Waffles and Cracker Jack'd Power Bites. TORSTAR NEWS SERVICE

Awake Chocolate and Rockstar Energy Gum — both caffeinated — are joining a new genre of 'functional food.' ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Utah

DA weighs charges in referee death

A Utah prosecutor says he plans to decide this week what charges to file against a teen accused of punching a soccer referee who slipped into a coma and later died.

The district attorney says his team is reviewing the evidence and statutes to determine charges. The teen is in juvenile detention on suspicion of aggravated assault. He may face more severe charges. THE ASSOCIATED PRESS

Murder trial

Casey Anthony should've been convicted: Judge

The judge who presided over the trial of Casey Anthony says he believes there was sufficient evidence to convict the Florida mother, who was acquitted almost two years ago of murdering her two-year-old daughter. Judge Belvin Perry told the Today show on Monday that he believes there was enough evidence for first-degree murder, even if much of it was circumstantial. THE ASSOCIATED PRESS

Anti-Kremlin protesters call out Putin in Moscow

Russia. Thousands support jailed comrades, who face multi-year prison sentences for role in last year's protests

Some 20,000 Russian opposition supporters gathered for a protest on Monday, venting anger against the Kremlin and demanding the release of political prisoners.

Exactly a year ago, a protest on the same square the day before President Vladimir Putin's third presidential inauguration ended in violent clashes between demonstrators and police.

Participants in Monday's rally, which went peacefully amid heavy police cordons, urged the authorities to free more than two dozen people facing criminal charges over their involvement in the protest a year ago.

Russian police detain an unidentified man during a protest rally in Bolotnaya Square in Moscow on Monday. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Since Putin returned to the presidency, authorities have initiated criminal proceedings against opposition activists and the Kremlin-controlled parliament has quickly approved a series of repressive bills that sharply hiked fines for participation in unauthorized rallies and imposed new tough restrictions on civil society activists.

Alexei Navalny, an opposition leader who is facing a trial on embezzlement charges he said were fabricated on Putin's orders, urged the demonstrators on Monday to "throw (Putin) out of the Kremlin."

He ended his speech with a chant "Russia will be free!" that was repeated by the crowd.

THE ASSOCIATED PRESS

Prehistoric justice. Stolen Tyrannosaurus skeleton returned to Mongolia

U.S. authorities in New York are returning a 70-million-year-old Tyrannosaurus skeleton to the Mongolian government this week.

The artifact will be flown to its native land free of charge via Korean Air, U.S. and Mongolian officials said Monday while announcing the repatriation of the priceless artifact.

"We are very pleased to have played a pivotal role in returning Mongolia's million-dollar baby," U.S. Attorney Preet Bharara said. "Of course, that million-dollar price tag, as high as it is, doesn't begin to describe the true value of an ancient artifact that is part of the fabric of a country's natural history and cultural heritage."

The skeleton had been looted from the Gobi Desert and illegally smuggled into the U.S. by fossils dealer Eric Prokopi, authorities said. Prokopi, who bought and sold whole and partial dinosaur skeletons from his Florida home, illegally imported the bones into the U.S. then assembled them into a skeleton, authorities said.

THE ASSOCIATED PRESS

Bolortsetseg Minjin, director of Mongolia's natural-history museum, examines the Tyrannosaurus bataar skeleton with University of Alberta professor Dr. Philip J. Currie, second left, in New York on Monday. RICHARD DREW/THE ASSOCIATED PRESS

Alleged hit-and-run

U.S. bishop arrested on drunk-driving charges

The leader of a Roman Catholic Diocese was arrested over the weekend on a drunken-driving charge after an alleged hit-and-run accident.

Bishop Robert McManus, 61, of Worcester, Mass., was arrested on Saturday night in the neighbouring state of Rhode Island.

After the accident, the driver of the other vehicle followed McManus and called police, who arrested McManus at his nearby vacation home, police said. In a statement on Monday, McManus said he "made a terrible error in judgment" by driving after drinking wine at dinner.

THE ASSOCIATED PRESS

Bishop Robert J. McManus
THE ASSOCIATED PRESS

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Dubious products

Care for a poutine soft drink?

Jones Soda Co. has debuted a limited-release poutine flavour exclusively for the Canadian market.

In the decade since the Seattle-based company issued a turkey-and-gravy soft drink as a promotional lark, it's become known for wacky flavours — gingerbread, green bean casserole, pear tree and candy cane.

"With a nice balance of rich, savory gravy over a starchy potato base and accented with those fatty, cheesy notes you expect in a plate of poutine, we believe we've developed the perfect liquid version of this undisputedly Canadian delicacy," said Andrew Baumann, Jones Soda's marketing and social-media manager, in a release. TORSTAR NEWS SERVICE

Market Minute

DOLLAR
99.32¢
(+0.09¢)

TSX 12,453.92 (+15.89)

OIL $96.16 US (+55¢)

GOLD $1,468 US (+$3.80)

Natural gas: $4.03 US (-1¢)
Dow Jones: 14,968.89 (-5.07)

App to help vets cope with PTSD

Mental Health Week. Mobile tool gives users details on symptoms, support, coping skills

The roll-out of a new smartphone app and money for a two-year study should go some distance toward helping Canadian veterans and others cope with post-traumatic stress disorder, the federal government announced Monday.

The initiatives should also help families of vets, Veterans Affairs Minister Steven Blaney said when making the announcement at the start of Mental Health Week.

Dubbed PTSD Coach Canada, the app — available through the iTunes store and Android Market — gives users information on PTSD, self-assessment for symptoms, information about professional health care and where to find support.

It also includes tools ranging from relaxation skills and positive self-talk to anger management that can help users manage symptoms and the stresses of daily life. THE CANADIAN PRESS

No need to let the pharmacist know what's up: Pfizer starts direct Viagra sales in U.S.

Men who are bashful about needing help in the bedroom no longer have to go to the drugstore to buy that little blue pill. In a first for the drug industry, Pfizer Inc. will begin selling its erectile dysfunction pill Viagra — pictured here on top of counterfeit pills — directly to U.S. patients on its website. Men will still need a prescription to buy the pill on viagra.com but they no longer have to face a pharmacist to get it filled. The plan to sell directly to consumers will not extend to Canada. WILLIAM VAZQUEZ/PFIZER/THE ASSOCIATED PRESS

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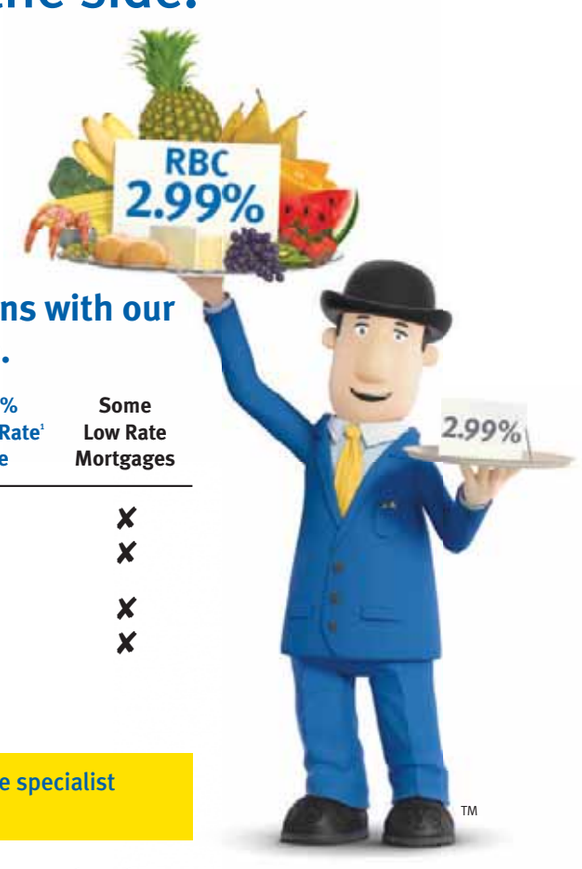

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DON'T ASK ME TO PAY FOR YOUR WEDDING

SHE SAYS

Jessica Napier
metronews.ca

Stag and doe, wedding social, Jack and Jill — call it what you will, but the concept is generally the same.

If you are of a certain age, chances are your Facebook feed is littered with party invites to events designed to help raise money for a newly engaged couple's upcoming wedding. These pre-wedding fundraisers are a time-honoured tradition in certain parts of the country — particularly in Manitoba, where hosting a "social" before the big day is the norm.

Friends and acquaintances are invited to a local hall or community centre and are expected to cough up cash for entrance fees, drink tickets, raffle prizes and money-making games like dollar dances. Profits go to the bride and groom to help pay for wedding expenses or their honeymoon.

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees. Some might say there's no harm in getting together for some good old-fashioned fun to help out friends, especially if the party isn't that much more expensive than an average night out at a bar. Others argue that crowdfunding your wedding reception is tacky.

While wedding etiquette is always up for debate, something about this blatant money grab leaves a bad taste in my mouth. I'm all in favour of for-profit partying for a good cause, but if you have to fleece your friends and family for cash to pay for your wedding photographer, then perhaps you need to re-evaluate the budget for your big day.

Couples ask their wedding guests to open up their wallets plenty of times leading up to the I-dos — for bridal showers, bachelor and bachelorette parties, wedding gifts, travel expenses and more. But asking these same guests (and worse, people who aren't even invited to your wedding) to help generate the cash to fund your elaborate centrepieces just seems tasteless.

A wedding can be as cheap or as expensive as you want it to be; in the end it's all about priorities. Financial support might come from the bank or maybe your parents, but ultimately it is the couple themselves who should take care of their own expenses. Adults shouldn't decide to have a wedding — or a certain type of wedding at least — unless they're prepared to take on the financial responsibility.

If you don't have enough money for that particular Swarovski-crystal encrusted gown or that extra layer of cake, then you make compromises or wait until you're more financially stable. You don't turn to friends and family and ask them to bankroll your big day.

Customary maybe, but is it right?

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Brood II: 17 years in the making

Billions to emerge from earth — but don't worry!

Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. The insects will arrive in such numbers that people in the southern state of North Carolina, to Connecticut in the northeast, will be outnumbered roughly 600-to-1 — maybe more. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.

THE ASSOCIATED PRESS

Putting the 'cad' in cicada

They're looking for just one thing: sex. And they've been waiting quite a long time.

The males come out first. They perch on tree branches and sing, individually or in a chorus. Then when a female comes close, the males change their song, they do a dance and mate. The males keep mating ("That's what puts the 'cad' in 'cicada,'" entomologist Mike Raupp jokes) and eventually the female lays 600 or so eggs on the tip of a branch. The offspring then dive-bomb out of the trees, bounce off the ground and eventually burrow into the earth, Raupp says. THE ASSOCIATED PRESS

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

With marathon season now in full swing, runners are lacing up and hitting the pavement. Whether you're chasing the runner's high to qualify for Boston or just trying to get in shape, there's no shortage of online hubs to keep you on track.

Draft Magazine:

As the name suggests, this site isn't wholly about running — but not all runners are puritanical all the time. For runners whose idea of interval training is sprint, drink, rest, repeat, The Beer Runner blogs about PB (personal bests) as well as PBRs. (draftmag.com)

iRunner:

iRunner sets itself apart from other blogs in the jog-o-sphere with its bi-monthly Twitter chat. Though the site covers the usual topics, from ramping-up speed to post-race recovery, #RunChat gives you a bit of face-time with the brains behind the blog to get your real questions answered. (iRunnerblog.com)

Daily Mile:

Kind of like a digital run club, the Daily Mile is a community of runners (cyclists and triathletes welcome too) sharing tips, routes and work-outs. Don't want to join the club? You can still read refreshing run reports from featured "Daily Miler's of the Week." (dailymile.com)

Tweets

@metropicks asked: Montreal held its first-ever gathering of redheads, which attracted hundreds of participants. Who should be the community's ambassador?

@Kyle_Lesponts:
#youppi #habssuck

@FrenchmanCanada:
@shaunmajumder I'm sure he secretly is a redhead.

@lyinatnight:
anne of green gables

@ruggles79:
Carrot Top. Nuff said...

@matty7films:
Rita Macneil (RIP) should be honoured for her voice and her natural red hair which she took with her to mermaid-land.

@ kingperry
Conan O'Brien suits this role nicely.

@marcuscarab:
Eric Cartman, obviously

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
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metro

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DVD reviews

Jack Reacher

Director. Christopher McQuarrie

Stars. Tom Cruise, Rosamund Pike, Richard Jenkins

Tom Cruise plays a vigilante anti-hero drawn from a novel series by the author Lee Child, books so pulpy they almost leave juice stains on the pages. Jack Reacher is an ex-cop, ex-military hard nut who travels by bus around America, violently defending the weak and innocent against the strong and culpable. Blunt as a fist (his preferred weapon) and resistant to romance, Reacher is also something of a phantom, erasing his tracks and severing personal ties. The story by writer/director Christopher McQuarrie is about bringing a crazed sniper to justice, albeit a "justice" not concerned with the civility of law. Cruise makes a convincing Reacher, despite standing a good nine inches shorter than the man's 6-foot-5 height in the novel series. More important, Cruise stands and delivers, making you believe that he can take on five guys in a parking-lot brawl while barely cracking a sweat. The film bloats at times, but Cruise doesn't.

PETER HOWELL

Robert DeLong just has that 'X' factor

Revenge of the nerd. Don't call Electronic Dance Music's new king a DJ. The 26-year-old is out to prove that dorks rule

RICHARD PECKETT
Metro World News

Robert DeLong — not quite the anti-Guetta. GETTY IMAGES

Dubbed the "thinking man's Guetta," Robert DeLong's rehearsal space is strewn with techy paraphernalia. Beyond the instruments, there's the weird stuff: a joystick and Wiimote rigged to laptops and vines of entangled cabling. It's like being invited to the weird kid's house who's already started experimenting with homemade bongs — disconcerting but alluring. This is Robert's den, a paradise for techy junkies. If you're wondering what he gets up to with his joysticks, watch and listen to the Happy track — fast and furious fingering for your aural pleasure. Quirkiness aside, the self-confessed nerd behind recent album Just Movement is awkwardly honest about his cultish following, geeky tendencies and flirtation with fame.

Talk me through your look — it's pretty chilled out — what's the thinking? And what's with the face paint?
I've had this hairstyle for over a decade now. Well, the whole T-shirt thing and the face paint thing came from my girlfriend really, she painted this X sort of thing on my headphones and it went from that to T-shirts and face paints.

Anything more symbolic?
I wish there were.

Would I be right in saying that you keep your look pared-down to keep your set just about the music?
I suppose in a way. I like having a uniform essentially. It's pretty simple but also memorable.

Are you starting to get a cult following of fans in your Tees with painted faces?
Yeah, it's picking up. It's cool; it's crazy.

You've said before that you're a "nerd." Does that mean you enjoy your own company?
I did spend a lot of time alone, I guess. We lived kind of far from anybody in the outskirts of Seattle, so I spent most of the time running around the yard and playing with my instruments — I was a bit of a nerd.

You've also got a bit of a thing for toys — joysticks and Wiimotes. Were you into computer games as a kid?
I was but not super though. My parents would never let me have a console — which was great, to be honest.

You were more into the techy side of computers?
I used to write text adventure programs: "You come to a tree, do you want to go left or right." They were terrible; they barely worked.

MTV has labelled you one of their "Artists To Watch." Any fans taken the watching part to a creepy level?
Yeah, I've had the strange experience here and there after a show with the weird person following me around.

Have they tried to steal any of your stuff or lunged?
Oooh, the only thing that people steal are my drumsticks but I do throw them at the end at the cymbal and it'll bounce off and hit somebody in the face.

And has that MTV title added any pressure?
I think it's great. You have to go through MTV to get to the masses, so I think it's cool that they acknowledge that I exist.

You've been described as both "the anti-Guetta" and the "thinking man's Guetta." Your sound is more intellectual but do you want a slice of his fame?
I wouldn't say that I'm the anti-Guetta. Money's important to me in the sense that I can buy more gear. Fame is the same thing. If I get famous that means I'm playing to bigger audiences and more people are hearing my music and I love that.

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The Word

Rage against the dying of the light — or just pick Bieber

THE WORD
Dorothy Robinson
scene@metronews.ca

American Idol producer Nigel Lythgoe will not let the veteran reality TV show go gentle into that good night. Nope. The producer has decided to spend the big bucks to boost the sinking ratings of the show.

So who does he have his eye on? Justin Bieber, Selena Gomez, Pink and Sean "Diddy" Combs, reports RadarOnline.com.

"You can't get any bigger than Justin Bieber. The executives are calling it their dream team because who wouldn't tune in to see Justin and Selena, Pink and Diddy?" a Fox insider tells the site. "Pink has been approached in the past and turned it down as well as Diddy, who wanted too much money. It will cost a fortune to get them, but the show has gotten so stale that Fox is desperate for a revamp — they're willing to pay to put Idol back on top."

Apparently, the only one who's safe is Ryan Seacrest.

Instead of paying the big bucks for big names, why not pay for big personalities who actually play off of one another and are entertaining to watch?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Twitter

@PerezHilton
Frozen yogurt is like crack, but at least it won't land you in rehab or jail! Eat it up! #Perezism

@RainnWilson
I wanna be the CEO of something. Can you make me the CEO of something? Like a company or something?

@NICKIMINAJ
I never understand how people cold spray just a few squirts. I spray at least 50 every time. LMFAO. It just makes me so happy.

@ddlovato
Almost didn't make it through airport security!! I look SO different from my driver's license!! Hahaha #blondehairdon'tcare

@TheEllenShow
Congratulations, Keira Knightley, on your wedding! May you celebrate your love daily, and Knightley.

Chris Brown ALL PHOTOS GETTY IMAGES

Chris Brown says he's not ready to be "wife-ing" Rihanna

Here is Chris Brown's explanation on breaking up with Rihanna yet again:

"I mean, at the end of the day, shawty doing her own thang, she on the road. It's always gonna be love. I'm a grown man, just gotta fast forward ... I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be," the 24-year-old said during a recent interview with Australian radio show The Kyle and Jackie Show.

Wait. Forgive me, as I'm elderly, but you call being a loving and supportive partner "wife-ing"? And that is considered a bad thing? What is called "husband-ing"? Forgetting to take out the garbage?

Mob Wives' Big Ang canoodles with the little people

VH1's Mob Wives star, Angela "Big Ang" Raiola, showed off her ample assets and abs in a leather crop top on Friday night as part of Mohegan Sun's Reality Check Tour where fans got to take part in a Q&A with the star and get her autograph.

I love Big Ang but I'm pretty sure when dermatologists have nightmares, this photo is what they see.

Big Ang THE MOHEGAN SUN

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Gwyneth Paltrow, your new celebrity chef

Food. The whole no coffee, no bread, no fun approach featured in Gwyneth Paltrow's new cookbook, It's All Good, may be overwhelming, but the recipes are irresistible

ROMINA McGUINNESS
life@metronews.ca

With just a few more weeks to go before beach-body season, we thought we'd share exclusive recipes from Gwyneth Paltrow's latest cookbook It's all Good — specifically ones from the Body Building Menu.

If this meal plan is what helped 40-year-old Gwyneth get a 22-year-old stripper's butt, maybe it'll do the same for us.

And have you seen Iron Man 3?

She looks amazing, even when the girl is literally on fire.

Looking good and feeling good. HANDOUT

Be sure to try this ideal afternoon snack: A handful of raw almonds

From the foreword

Does this actually work?

DR. HABIB SADEGHI
Physician

We asked osteopathic physician Dr. Habib Sadeghi, who wrote the foreword for It's All Good, to share his thoughts on the elimination diet, a cornerstone of Paltrow's book.

Is this a diet that can be maintained over long periods of time? Do we really need to cut out coffee, meat, dairy and alcohol for good, or can we continue to consume them in small amounts?

"No, it's not possible and not even necessary. There are healing diets and maintenance diets. Their purpose is very different. The body's two main functions are to build and heal, but it can't do both at the same time. Healing diets, like the elimination diet, help our bodies recover from an illness by providing it with hypernutrition, supplementation and digestive rest. It's medicinal. Once you've gotten well, it's time to switch back to a building diet so your body can repair its tissues and return your vitality."

Top 5

Dr. Sadeghi's top 5 foods for optimum health

1 Organic green vegetable juice: "You can't find a more potent, highly packed nutritious food, full of minerals and antioxidants that are immediately assimilated by the body. Avoid store juices. They're loaded with added sugars and pasteurized, which destroys the enzymes and damages the vitamins."

2 Lacto-fermented foods: "Yogurt, kefir, sauerkraut, kim chi and beet kvass supply large populations of good bacteria to your intestinal track. These probiotics boost your immune system."

3 Dairy: "Raw, unpasteurized dairy provides valuable nutrients for healing and maintenance. Switching from cow to goat's milk can make a big difference because the protein molecules in goat's milk are much smaller and easier for humans to absorb."

4 Berries of any kind: "They're packed with antioxidants. Unfortunately, berries are some of the most heavily sprayed crops, particularly strawberries, so only buy organic."

5 Wild caught sockeye salmon and grass-fed beef: "Fish oils from wild caught salmon with no risk of heavy metals are extremely important for brain function and anti-aging. Small amounts of beef are important for B vitamins and iron."

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The ultimate crowd-pleaser, lasagna is always the answer

MAIJA MOMENTS
YummyMummyClub.ca

Whether you're looking for a family-friendly meal, an addition to your freezer-meal repertoire or something to take to a friend when they need it, lasagna is always the answer.

You can "healthy up" your lasagna by using extra-lean ground beef, whole wheat lasagna noodles and low-fat cheese. MAIJA MOMENTS/YUMMYMUMMYCLUB.CA

1. Heat oil in a large skillet over medium-high heat. Add garlic and onions and sauté until soft. Add ground beef and cook until no longer pink. Remove from heat, add one jar of tomato sauce and stir until combined. Set aside.

2. In a separate bowl, add ricotta cheese and egg. Mix until combined. Set aside.

3. Pour 1/3 of the second jar of tomato sauce on the bottom of a 9x13 casserole dish sprayed with non-stick cooking spray. Spread so bottom of dish is covered. Add lasagna noodles to bottom of pan. Cut to fit but do not overlap. Spread 1/3 of ricotta cheese onto lasagna noodles. Top with 1/3 of beef mixture. Top with 1 cup of mozzarella and sprinkle with 1 tbsp of Parmesan.

4. Repeat two more times. Top with final layer of noodles.

5. Pour remaining sauce on top and spread to ensure all the noodles are covered in sauce. Sprinkle with remaining Parmesan cheese.

6. Cover with foil and bake in a 350 F oven for 1 hour, removing foil for last 7-10 minutes.

7. Remove from oven, tent with foil and let stand 10 minutes. Slice and serve with salad and crusty bread.

Ingredients

- 1 tbsp olive oil
- 2-3 cloves garlic, crushed
- 1/2 cup onion, diced
- 2 lbs ground beef
- 2 jars tomato sauce (approx. 600 ml each)
- 1 container ricotta cheese (approx. 450 g)
- 1 egg
- 1 box lasagna noodles, cooked according to package directions
- 3 cups mozzarella, grated
- 4-5 heaping tbsp Parmesan cheese, grated

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Health Solutions

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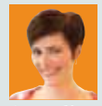

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to the Canadian Produce Marketing Association, the top 10 vegetables sold in Canada are:

1. Tomatoes
2. Potatoes
3. Peppers
4. Bagged salad
5. Carrots
6. Onions
7. Mushrooms
8. Cucumbers
9. Lettuce
10. Broad leaf (such as broccoli and cabbage)

Wow, are we ever mundane. With the exception of peppers, this list is somewhat innocuous in terms of flavour and nutrient value — the sort of ho-hum veggies one would expect from the bland diet of people who came here in the 1700s.

Luckily, Canada is also a land of immigration that brings imaginative flavours with it. The up-and-coming vegetables are far more interesting. They are:

1. Artichokes
2. Okra
3. Kale
4. Ginger root
5. Yams

The list is a whole range of flavours that brings to mind a more colourful, healthful plate. Take okra, for example: It is a mucilaginous (gooey), high-fibre food used in Mediterranean, Asian and Indian cooking. You can't beat its folate, calcium and potassium content, and it has the ability to absorb the most potent of flavours.

All hail okra!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Advertisement

Finally A Weight Loss Plan That Works

Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

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7 Ways Almased works in the body

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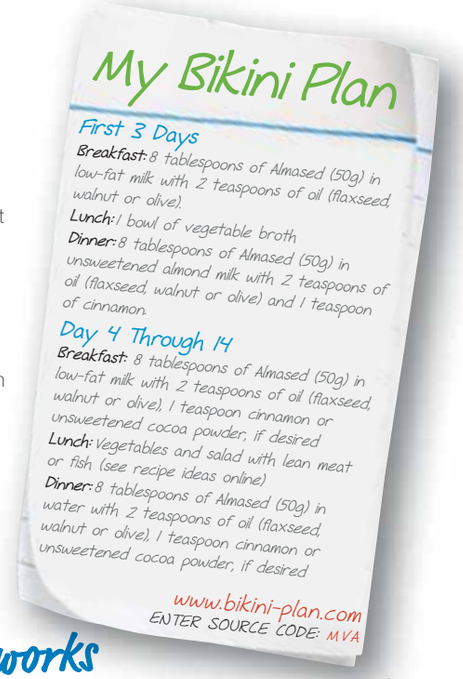
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.


My Bikini Plan
First 3 Days
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive).
Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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The Spark: Defying the experts on autism

Nurturing Genius. Book details how a mother took son out of special education to work with him herself

RITA POLIAKOV
rita.poliakov@metronews.ca

Kristine Barnett with son Jacob. DREW ENDICOTT

When Kristine Barnett's autistic son was three years old, she was told he would never learn to read. Now, at 14, Jacob is taking graduate-level classes at Indiana University-Purdue University Indianapolis.

Before leaving fifth grade for college, Jacob taught himself calculus, started working on an original theory in astrophysics and, several months after being told he couldn't, taught himself how to read.

"He's defied not just the experts on autism, but the experts on prodigy. He's social, relatable, he has friends," said Barnett, author of The Spark: A Mother's Story of Nurturing Genius (Random House of Canada Limited).

Barnett's novel, which was released in April, chronicles her journey with Jacob, who was diagnosed with moderate to severe autism as a toddler.

"The delays (experts) saw on social skills in daily functioning were so significant. Making eye contact is a skill a two-month- old has. Jacob was probably seven before he started to make eye contact again," said Barnett, who lives in Indiana.

After realizing how low experts set the bar for her child, Barnett decided to take Jacob out of special education and work with him herself, a decision even her husband was against.

"That was the scariest decision I've ever made in my life," she said. "People just really thought I was nuts."

But Barnett was determined. By focusing on the things Jacob could do, like create a map from memory with Q-tips, Barnett was able to teach her son to do the things he couldn't, like have a conversation.

It was this philosophy that encouraged Barnett to write The Spark.

"The only person who is truly an expert in their child is the parent. I really believe in parents. We have the capacity to know what works for our child. I wanted to give moms the permission to follow their child's instincts," she said.

Writing The Spark wasn't always easy for Barnett.

"I tried to be very open and transparent," she said.

This meant discussing the family's serious financial issues during the recession and the death of one of Jacob's close friends, an autistic boy named Christopher who was hit by a school bus.

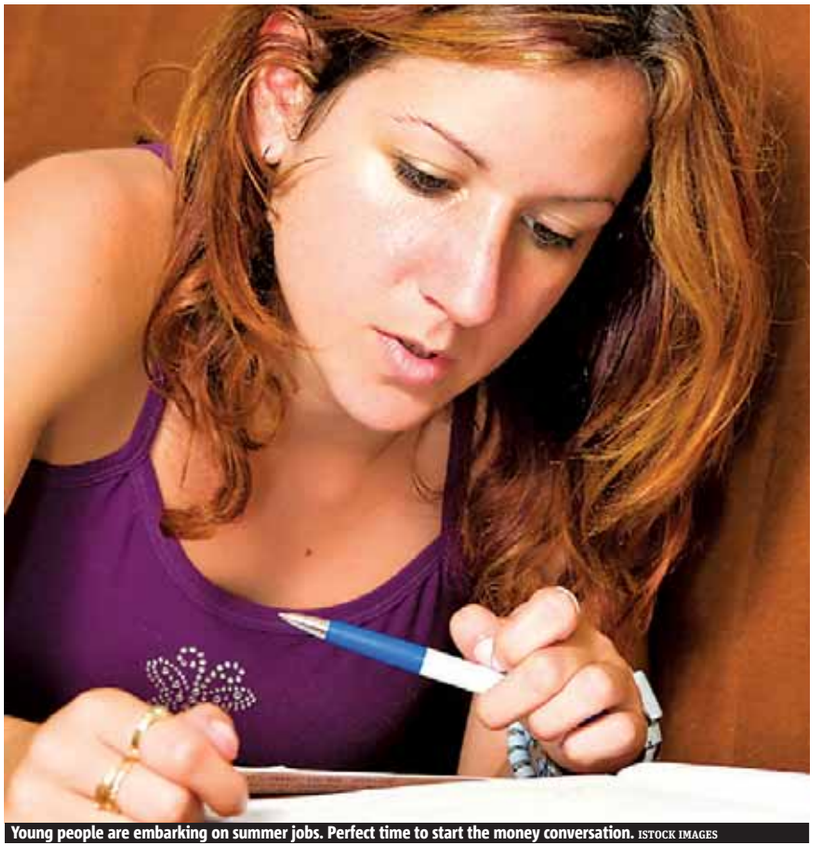
Jacob was supportive through the writing process.

"It's kind of fun to see him joking about revisiting these childhood memories. Telling jokes about things I was so worried about and how he wasn't worried at all. He was just doing his thing," Barnett said.

To learn more

Temple Grandin is another advocate of focusing on strengths rather than weaknesses when it comes to treating autism. Grandin, who was diagnosed with autism before much was known about the disorder, co-wrote The Autistic Brain: Thinking Across the Spectrum, with Richard Panek.

The book, published by Thomas Allen & Son, does exactly what its title suggests. Grandin, a professor and doctor of animal science, explores how brain science is linked to behaviour while weaving in her own experiences. For more information, visit thomasallen.ca and search for the title.



Young people are embarking on summer jobs. Perfect time to start the money conversation. ISTOCK IMAGES

Play for all the marbles — or not

YOUR MONEY
Alison Griffiths
money@metronews.ca

Marbles aren't exactly a common possession these days. But let's say you have a retro friend who happens to have one clasped in each hand.

One is red, the other black. You are required to enter the game she proposes (never mind why) and ante up $10 for the privilege.

If you correctly guess which colour is in which hand you win a 10 spot and break even. If you pick wrong you must pay another $10. You do have the choice of just paying the entry fee but not actually playing.

You'd lose the $10 entry fee but avoid risking losing another ten by guessing wrong.

What do you do? 1. Take the loss of $10 and risk no further loss. 2. Take a gamble and play on 3. Not sure.

Before you tell the retro friend to take her marbles and go home, consider what your answer says about your money personality. The Brandes Scholarship Program (brandesscholarship.ca) has created a fun, 18-question quiz for students and young adults, aged 16 to 22. It's designed to measure risk tolerance, attitudes to spending and interest in financial matters.

I'm a sucker for quizzes so I plunged in. My answer to the question above, by the way, was No. 2. I hate to spend money without having a chance of getting something for it. Overall, I scored high in financial interest (no surprise there), slightly above neutral in risk taking and just a fraction more toward saving than spending.

I was a little surprised by the last one, mainly because I see myself as a devoted saver. Despite my job, I'm obviously a little more of a spender than I should be.

The quiz is part of the Brandes Scholarship Program, which provides 10 $1,000 awards based on a 400 to 600 word essay describing what the student learned from taking the quiz.

This is a great way to encourage the money conversation with a nice chunk of change for 10 winning Canadians. And the timing is excellent too. Hopefully, young people are embarking on summer jobs and many will be saving and spending their first earned dollars.

As a judge of similar contests I can say that humour gets bonus points. The deadline is July 2.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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POSITIVELY SHIFTING PERCEPTIONS

ENGAGE OTHERS ABOUT MENTAL HEALTH ISSUES

DIGITAL VISION/THINKSTOCK

Our mental health is just as important as our physical health. When we are mentally healthy it improves our overall health and well-being and we enjoy life and everyone in it.

All Canadians — not just adults — should be aware of their mental health. Without an understanding of our mental health, it's difficult to know why we feel low, stressed or anxious at certain times and how we can manage these feelings.

This year, the theme for the Canadian Mental Health Association's 62nd annual Mental Health Week, which runs from May 6-12, is Youth Mental Health.

While the CMHA's tagline, Mental Health for All, will still be used as an important broader theme during Mental Health Week, the focus is being placed on the mental health problems experienced by young people between the ages of 15 and 24.

"An important part of the youth theme will be the role of parents, teachers and other caregivers as they continue to play a key part in the lives of youth and provide critical support," says Peter Coleridge, the national CEO of the CMHA.

The statistics are staggering. It's estimated that 10 to 20 per cent of Canadian youth are affected by some form of mental illness, such as anxiety, depression or an eating disorder, and up to 70 per cent of young adults living with mental illness report that the symptoms started in childhood.

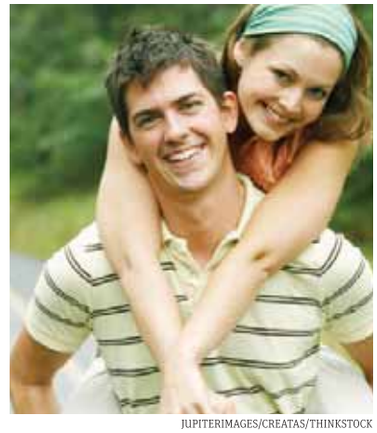
Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

During Mental Health Week, people from all walks of life are encouraged to learn, talk, reflect and engage with others on all issues relating to mental health and mental illness. "The more conversations that take place, the more people will understand mental health and we will positively shift perceptions and behaviours about mental health," Coleridge says.

For more, and for a list of Mental Health Week events and activities in your community, visit mentalhealthweek.ca.

– Jane Doucet

CMHA IS YOUR SOURCE FOR SERVICES



JUPITERIMAGES/CREATAS/THINKSTOCK

Founded in 1918, the Canadian Mental Health Association is one of the oldest not-for-profit organizations in Canada. With more than 10,000 staff and volunteers in hundreds of communities across Canada, CMHA provides vital services and support to more than half a million Canadians every year.

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support their recovery from mental illness. At the local level, CMHA offers a wide range of specialized mental health programs and services to people experiencing mental health issues, as well as their families. These services are tailored to the needs of each community in which they are based.

"One of our main goals during Mental Health Week, but also throughout the year, is to provide information, resources and the practical strategies and advice required for people to develop the personal tools they need to maintain and support their mental health and lead meaningful and productive lives," says Peter Coleridge, the national CEO of the CMHA.

During Mental Health Week from May 6-12, CMHA locations across Canada will hold seminars, host open houses and set up community information booths.

To learn more about the Canadian Mental Health Association, visit cmha.ca.

Why is your mental health so important?

Mental health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It's a state of well-being.

CMHA's 62nd ANNUAL MENTAL HEALTH WEEK 2013

It's Mental Health Week!

May 6-12, 2013

It's time to learn, talk, reflect and engage with others about mental health.

For **more information** on how to maintain your mental health, to find Mental Health Week **events in your community** or to **donate to CMHA**, go to **mentalhealthweek.ca**.

Mental health tips
What you can do for your mental health:

Enjoy life.
Eat well and keep active.
Talk about it.
Be kind to yourself. Take time to relax.
Ask for help – when you need it.
Practice positive self-talk.

Canadian Mental Health Association
Mental health for all
Association canadienne pour la santé mentale
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NHL awards

Calder nominees announced

Montreal Canadiens right-winger Brendan Gallagher, Florida Panthers centre Jonathan Huberdeau and Chicago Blackhawks left-winger Brandon Saad were named finalists for the Calder Memorial Trophy on Monday.

The honour goes to the NHL's top rookie. The winner will be announced during the 2013 Stanley Cup final.

THE CANADIAN PRESS

NHL playoffs

Wings draw even with Anaheim

Damien Brunner scored with 4:50 left in overtime, lifting the Detroit Red Wings to a 3-2 series-evening win over the Anaheim Ducks on Monday night.

Pavel Datsyuk scored a second game-tying goal for the Red Wings with 6:33 left in regulation. Brendan Smith made it 1-1 early in the third.

THE ASSOCIATED PRESS

NHL playoffs

Rangers avoid 3-0 series hole in Manhattan

Derek Stepan and Arron Asham both scored tie-breaking goals in the third period for the New York Rangers in a 4-3 victory over the Washington Capitals in Game 3 on Monday night.

The Rangers finally found their offence and got back into their first-round playoff series. New York still trails 2-1 in the series.

THE ASSOCIATED PRESS

Bieksa says Sharks exaggerate hits

NHL playoffs. Vancouver facing elimination from Stanley Cup playoffs; down 3-0 to San Jose in first-round series

CAM TUCKER
cam.tucker@metronews.ca

With his team on the brink of elimination, Kevin Bieksa directed attention away from the Canucks' current woes by accusing Logan Couture and Joe Thornton of embellishment.

"Those are two Canadian guys that are supposed to be playing the game with integrity," the Canucks defenceman told reporters in San Jose on Monday.

"Maybe our team has to do more of that."

There were two plays from Sunday's Game 3 that Bieksa singled out as evidence of embellishment.

Bieksa brought up a Henrik Sedin high-sticking minor off a faceoff, in which the Canucks captain swatted Couture across the head with his stick and was sent to the box.

The Sharks scored on a goal from Couture.

Earlier, Canucks defenceman Dan Hamhuis slashed Thornton on the glove, causing the Sharks forward to shake his hand in pain.

The result was a slashing minor penalty to Hamhuis and a 5-on-3 advantage for the Sharks. Joe Pavelski scored for San Jose.

"Couture has been snapping his head back. This isn't my opinion. The evidence is in the video," said Bieksa, demonstrating with a stick.

"Hank touches him off the faceoff, and (Couture) does a full-back arch and glove goes flying off in the corner from getting this (demonstrating with the butt-end of a stick) in the face. That doesn't make your glove fall off and arch your back.

"Thornton takes his glove off and shakes his hand and draws a huge power play, a huge 5-on-3 for them."

The Sharks scored three times on eight power play opportunities in a decisive 5-2 win.

Those comments ignited a social-media stir. The Canucks have often had a reputation around the National Hockey League for embellishing.

But it still doesn't hide the fact the Canucks trail the Sharks 3-0 in this best-of-seven Western Conference quarter-final. They need a win Tuesday in Game 4 to extend the series back to Vancouver on Thursday.

The Canucks would be wise to stay out of the penalty box Tuesday. In the series, the Sharks' power play is operating at 23.5 per cent and sixth out of the 16 teams in the playoffs.

"Obviously the onus is on us to be more disciplined," said Bieksa.

The Sharks' Joe Thornton reacts after getting slashed by the Canucks' Dan Hamhuis on Sunday in San Jose. Kevin Bieksa has accused Thornton of embellishing the slash's effect. CHRISTIAN PETERSEN/GETTY IMAGES

Quoted

"This isn't my opinion. The evidence is in the video."

Kevin Bieksa accusing the Sharks' Logan Couture of overselling a penalty.

Lions hope for reward in risky draft selection

The B.C. Lions couldn't wait any longer.

In the third round of the CFL draft on Monday, the Lions selected University of Oregon linebacker Bo Lokombo, who grew up just down the road in Abbotsford and was a high school star for the W.J. Mouat Hawks.

Lokombo, who is listed on the Ducks' website as six-foot-three and 233 pounds, is a redshirt junior and will garner a great deal of attention from the NFL next year.

Lokombo, who the CFL Scouting Bureau had as the top-ranked player heading into Monday's draft, recorded two interceptions, two sacks and 39 total tackles in the Ducks' 2012 season.

His selection doesn't guarantee he will play for B.C. That will depend on his aspirations and interest in the NFL.

But the Lions, knowing the player's skill and where they were in the draft, finally took their chance on Lokombo.

"Way too much value to pass up," Lions head coach Mike Benevides told reporters.

Quoted

"Way too much value to pass up."

Lions head coach Mike Benevides on drafting Bo Lokombo in the third round.

Lokombo still has a year of NCAA eligibility with the Ducks.

The Lions selected another redshirt junior, taking recently converted offensive lineman Hunter Steward in the first round, sixth overall.

Originally from Kingston, Ont., Steward moved to Virginia Beach and played at Kellam High School in Virginia.

He has one more year left at Liberty University.

After just one season of experience on the offensive line at Liberty, the remaining year should help him continue his development at the position.

"I'm going to tell you he didn't get by on technique. He got by on being mean and aggressive," said Kelly Bates, the Lions' running-backs coach.

CAM TUCKER/METRO

Bo Lokombo GETTY IMAGES FILE

4 SPORTS

Bruins capitalize on Leafs' mistakes to regain edge

NHL. Buds lose 5-2 in their first home playoff game since 2004

Boston's Johnny Boychuk, left, collides with Toronto's James van Riemsdyk in Toronto on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

The Leafs upped their shots and hits in Game 3 against the Boston Bruins. But their mistakes also went up.

That proved to be the difference Monday night as Boston took advantage to defeat Toronto 5-2 and regain the upper hand in their NHL playoff series.

"They made less mistakes than we did, and their execution level was above ours," Toronto coach Randy Carlyle said in assessing the night.

"Mistakes just killed us tonight," echoed smooth-skating defenceman Jake Gardiner, who scored his first-ever playoff goal.

The loss came before 19,746 amped-up fans inside the Air Canada Centre. Outside, a blue-and-white throng watched the game on a big screen in Maple Leaf Square as playoff hockey returned to Toronto for the first time since 2004.

"The crowd was awesome," said Leafs forward James van Riemsdyk. "One of the loudest I think I've played in front of in the NHL."

Game 4 goes Wednesday in Toronto, with the Leafs trailing 2-1 in the series.

Adam McQuaid, Rich Peverley, Nathan Horton, Daniel Paille and David Krejci — with an empty-net goal with 1:17 remaining — scored for Boston, a playoff-savvy squad that came out with an edge.

Two goals in some two minutes in the second period buried the Leafs just 50 seconds after Gardiner's goal had cut the Boston lead to 2-1. Horton and Paille, shorthanded, suddenly made it 4-1, and Toronto was facing a mountain of a comeback.

The line of Milan Lucic, Krejci and Horton finished the night with two goals and six assists. They have combined for 17 points through the first three post-season games, with five goals and 12 assists.

Phil Kessel accounted for the other Toronto goal in a physical game that saw Boston out-hit the Leafs 51-48.

It was the first Leafs' home playoff game since May 4, 2004, when Toronto lost 3-2 in overtime to the Philadelphia Flyers, losing the conference semifinal 4-2. THE CANADIAN PRESS

Spurs ice Warriors in OT

Golden State Warriors forward Harrison Barnes goes up for a dunk as San Antonio Spurs power forward Tim Duncan defends during Game 1 of the NBA Western Conference semifinals series on Monday in San Antonio. The Spurs won 129-127. DARREN ABATE/THE ASSOCIATED PRESS

NHL PLAYOFFS

CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)
(Pittsburgh leads 2-1)
Sunday's result
Pittsburgh 5 N.Y. Islanders 4 (OT)
Tuesday's game
Pittsburgh at N.Y. Islanders, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)
(Ottawa leads 2-1)
Sunday's result
Ottawa 6 Montreal 1
Tuesday's game
Montreal at Ottawa, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)
(Washington leads 2-1)
Monday's result
N.Y. Rangers 4 Washington 3
Wednesday's game
Washington at N.Y. Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)
(Boston leads 2-1)
Monday's result
Boston 5 Toronto 2
Wednesday's game
Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)
(Chicago leads 2-1)
Sunday's result
Minnesota 3 Chicago 2 (OT)
Tuesday's game
Chicago at Minnesota, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)
(Series tied 2-2)
Monday's result
Detroit 3 Anaheim 2 (OT)
Wednesday's game
Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)
(San Jose leads 3-0)
Sunday's result
San Jose 5 Vancouver 2
Tuesday's game
Vancouver at San Jose, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)
(St. Louis leads 2-1)
Monday's result
St. Louis at Los Angeles
Wednesday's game
Los Angeles at St. Louis, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	21	11	.656	—
New York	18	12	.600	2
Baltimore	19	13	.594	2
Tampa Bay	14	17	.452	6½
Toronto	12	21	.364	9½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	11	.607	1
Cleveland	15	14	.517	3½
Minnesota	13	15	.464	5
Chicago	13	17	.433	6

WEST DIVISION

	W	L	Pct	GB
Texas	20	12	.625	—
Oakland	18	15	.545	2½
Seattle	15	18	.455	5½
Los Angeles	11	20	.355	8½
Houston	8	24	.250	12

Monday's results
Toronto 8 Tampa Bay 7
Chicago White Sox 2 Kansas City 1 (11 inn.)
Cleveland 7 Oakland 3
Boston 6 Minnesota 5 (11 inn.)
Tuesday's games
All times Eastern
Kansas City (Santana 3-1) at Baltimore (Chen 2-3), 7:05 p.m.
Oakland (Milone 3-3) at Cleveland (McAllister 2-3), 7:05 p.m.
Minnesota (Diamond 2-2) at Boston (Dempster 2-2), 7:10 p.m.
Toronto (Happ 2-2) at Tampa Bay (Hernandez 1-4), 7:10 p.m.
L.A. Angels (Wilson 3-0) at Houston (Lyles 0-0), 8:10 p.m.

NATIONAL LEAGUE

Monday's results
Atlanta 7 Cincinnati 4
Chicago Cubs 9 Texas 2
Miami at San Diego
Arizona at L.A. Dodgers
Philadelphia at San Francisco

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)
(Chicago leads 1-0)
Monday's result
Chicago 93 Miami 86
Wednesday's game
Chicago at Miami, 7 p.m.
Friday's game
Miami at Chicago, 8 p.m.

NEW YORK (2) VS. INDIANA (3)
(Indiana leads 1-0)
Sunday's result
Indiana 102 New York 95
Tuesday's game
Indiana at New York, 7 p.m.
Saturday's game
New York at Indiana, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V. MEMPHIS (5)
(Oklahoma City leads 1-0)
Sunday's result
Oklahoma City 93 Memphis 91
Tuesday's game
Memphis at Oklahoma City, 9:30 p.m.
Saturday's game
Oklahoma City at Memphis, 5 p.m.

SAN ANTONIO (2) V. GOLDEN STATE (6)
(Series tied 0-0)
Monday's result
Golden State at San Antonio
Wednesday's game
Golden State at San Antonio, 9:30 p.m.
Friday's game
San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Sunday's results
Kansas City 4 Chivas USA 0
Houston 1 Los Angeles 0
Wednesday's games
All times Eastern
Houston at D.C., 7 p.m.
Montreal at New York, 7:30 p.m.
Salt Lake at New England, 8 p.m.
Seattle at Kansas City, 8:30 p.m.
Portland at Dallas, 9 p.m.
Toronto at San Jose, 10:30 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You seem to think that you need someone's approval to follow a certain course of action. That's not like you at all – and it isn't true either. Have the courage to follow your own path in future.

♉ Taurus
April 21 - May 21
The things you do touch the lives of those around you. Before you start something new today, ask yourself how it might affect friends, family and colleagues. Only proceed if the results will be positive.

♊ Gemini
May 22 - June 21
Regret is a useless emotion, don't wallow in it, just accept it and move on. The Sun in Taurus at this time of year can make you pessimistic, but life is still good – and so are you!

♋ Cancer
June 22 - July 23
If you are convinced that a certain course of action is right then follow it no matter what. Cancer is a Water sign and your intuition is sharp, so listen to your hunches.

♌ Leo
July 24 - Aug. 23
You may think you are entitled to a larger share of whatever rewards are on offer but this is not the best time to push your claims too hard. Wait and see what Friday's eclipse brings your way.

♍ Virgo
Aug. 24 - Sept. 23
Soon you could find yourself doing things that just weeks ago you wouldn't have dreamt about. When change happens it tends to happen fast, so be ready.

♎ Libra
Sept. 24 - Oct. 23
Because life is so easy you tend to coast along without putting too much effort into what you are doing. Which is fine, but think how much more you could achieve if you did get serious.

♏ Scorpio
Oct. 24 - Nov. 22
Worry never solved anything, so control your fears and start looking for ways to improve your lot. Remember: you are where you are for a reason. Find out what that reason is and work with it.

♐ Sagittarius
Nov. 23 - Dec. 21
Despite what some people might say you are more than just an accident of the universe – there is meaning to your existence. Focus on what that meaning is and you could have a life-changing insight.

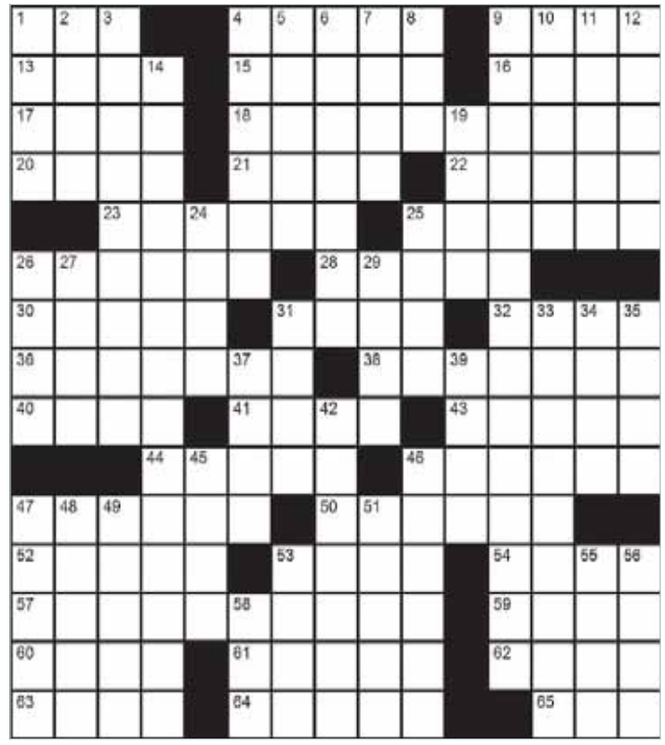
♑ Capricorn
Dec. 22 - Jan. 20
Your rivals may have more experience than you but you have drive and determination. Most important of all though is your clarity of thought: you know what it is you want – and you'll get it.

♒ Aquarius
Jan. 21 - Feb. 19
Focus on the lighter side of life today. Stop worrying about the world and its woes and just have fun for a change.

♓ Pisces
Feb. 20 - March 20
You're not a casualty in the game of life, so stop acting like one. According to the planets the next few days will throw up some wonderful opportunities. SALLY BROMPTON

Crossword: Canada Across and Down

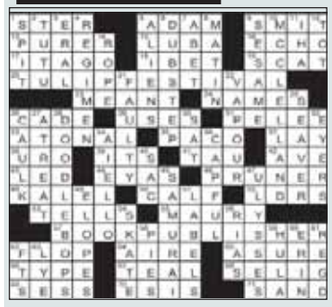
BY KELLY ANN BUCHANAN



Across
1. Quebec locale, __-Beauport
4. Hell
9. Immense
13. Awestruck
15. "___ be goin' now."
16. Sudbury landmark, __ Superstack
17. Contented cat's call
18. Hard rock trio from Toronto: 2 wds.
20. Mr. Carvey
21. New newts
22. Ex of celebs George and Rod
23. George Orwell's Nineteen __-Four
25. :)
26. Earth's third biggest island
28. Baseball great Mr. Ryan
30. Cheering-on person
31. __ Beach, Florida
32. Tranquil
36. An aquarium recreates it: 2 wds.
38. Aficionado
40. Garden __
41. Golds, in Spain
43. __ water (Up the proverbial creek): 2 wds.
44. Montreal metro station, Cote-__
46. Nuts
47. "Madonna: Truth __ __" (1991)
50. Cyberspace: 2 wds.
52. Gets introduced to
53. Weather without water
54. Carpentry tool
57. British Columbia city
59. Anastasia's dad's job
60. Prince William, for one
61. Be an Alps communicator
62. Eight: Spanish
63. Li'l elevations
64. Farm equipment company, John __
65. Montreal football players, to fans

Down
1. Force in California's largest city (acronym)
2. Water: Spanish
3. Sitcom set in fictional Dog River, SK: 2 wds.
4. Cab Calloway's signature syllables
5. Toward the stern
6. Chewing gum brand
7. Edmonton's CFL team's website, __.com
8. Pou __ (Vantage point)
9. James Ehnes' recent Juno-winning album: 'Tchaikovsky: __ __'
10. Year's historic record
11. CSI part
12. "I Just Called __ I Love You" by Stevie Wonder: 2 wds.
14. Inglis __ __ National Historic Site, in Manitoba
19. Early-'80s hit: "She's a Bad Mama __"
24. "The Facts of Life" actress Ms. Jewell
25. Blackthorn fruit
26. Shrub
27. Cream-filled cookie
29. Commands, for short
31. Green: French
33. Alberta river
34. Kings of __ (Rock band)
35. NY baseball team
37. Golfer's warning!
39. Opinion
42. Cycled better than
45. In the past, in verse
46. Hawk
47. D-Day beach
48. "__ Without a Cause" (1955)
49. Money-spent transaction
51. Job seeker's interviewer
53. "...friend or ___?"
55. Montreal-born humourist, Mort __
56. Amateurs' antonyms [abbrv.]
58. Mr. Barrett of Pink Floyd

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

				2		6	7	
8		1	9					
7					4		9	
		2		7			4	
6			5		2			1
	3			1		5		
	7		6					4
					9	2		5
	9	6		8				

Yesterday's Sudoku

1	9	2	4	6	7	5	8	3
7	5	6	8	1	3	9	2	4
4	8	3	9	2	5	6	7	1
6	7	5	2	4	8	3	1	9
9	3	8	1	5	6	2	4	7
2	4	1	7	3	9	8	6	5
8	6	9	3	7	1	4	5	2
5	1	4	6	9	2	7	3	8
3	2	7	5	8	4	1	9	6

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Wednesday 18°/11° Sunny
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Check the 14 day trend.
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2372 West 4th Ave.
2706 Granville St.
2748 Rupert St.
2749 Main St.
3121 West Broadway

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Sevenoaks Shopping Centre
2140 Sumas Way
2142 Clearbrook Rd.
32915 South Fraser Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Mall
Lougheed Town Centre
Metropolis at Metrotown
3855 Henning Dr.
4501 North Rd.
4711 Kingsway

Chilliwack
Cottonwood Mall
Eagle Landing Shopping Centre
7544 Vedder Rd.
45300 Luckakuck Way

Coquitlam
Coquitlam Centre
1071 Austin Ave.
2988 Glen Dr.
3000 Lougheed Hwy.
3278 Westwood St.

Delta
Scottsdale Centre
1517 56th St.
4841 Delta St.
7235 120th St.

Langley
Willowbrook Shopping Centre
8840 210th St.
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
Junction Shopping Centre
32670 Lougheed Hwy.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
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Pitt Meadows
19800 Lougheed Hwy.

Richmond
Lansdowne Mall
Richmond Centre
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Surrey
Central City Shopping Centre
Cloverdale Crossing Shopping Centre
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